

Name _____ Date _____

- (1) In column A, put a number from 1 to 10 by each symptom you feel, with 1 being slightly felt or hardly ever felt and 10 being strongly felt or felt all the time.
- (2) Check off the column B substances that you use to reduce the symptoms in the same section of A

Column A

Type 1

- ___ negativity, depression
- ___ worry, anxiety
- ___ low self-esteem
- ___ obsessive thoughts or behaviors
- ___ winter blues
- ___ PMS
- ___ irritability, rage
- ___ dislike hot weather
- ___ panic attacks; phobias (fear of heights, small spaces, snakes, etc)
- ___ afternoon or evening cravings
- ___ fibromyalgia, TMJ dysfunction
- ___ suicidal thoughts, feelings
- ___ "night owl", hard to get to sleep
- ___ insomnia, disturbed sleep
- ___ Typical sleep hours:
_____ to _____

Type 2

- ___ depression, apathy
- ___ lack of energy
- ___ easily bored
- ___ lack of focus, concentration
- ___ ADD, ADHD

Type 3

- ___ stiff or tense muscles
- ___ stressed and burned out
- ___ unable to relax/loosen up
- ___ often feel easily overwhelmed

Column B

- Sweets
- Starch
- Tobacco
- Chocolate
- Ectasy
- Marijuana
- Alcohol
- Prozac
- Zoloft
- Paxil
- Effexor
- Celexa
- Other:

- | | | |
|-----------|-----------|------------|
| Sweets | Marijuana | Wellbutrin |
| Starch | Caffeine | Ritalin |
| Chocolate | Cocaine | Adderall |
| Aspartame | Speed | Other: |
| Alcohol | Tobacco | |

- | | | |
|-----------|-----------|----------|
| Sweets | Alcohol | Klonopin |
| Starch | Valium | Other: |
| Tobacco | Ativan | |
| Marijuana | Neurontin | |

Column A

Type 4

- ___ very sensitive to emotional or physical pain
- ___ cry (tear up) easily
- ___ crave comfort, reward, or numbing treats
- ___ "love" certain foods, behaviors, drugs or alcohol

Hypoglycemia

- ___ cravings for sugar, starch, or alcohol
- ___ irritable, shaky, especially is goes too long between meals

Bi-polar

- ___ irritable
- ___ sleepless
- ___ manic high
- ___ mild (hypo) mania,
- ___ Mood swings: [] daily [] weekly [] monthly
- ___ Other:

Hormonal

- ___ Mood swings during menstrual cycle ("PMS")
- ___ Irregular periods
- ___ Post delivery "baby blues"
- ___ Diagnosed thyroid problem
- ___ Chronically tired, fatigued, exhausted
- ___ Difficulty getting to, or staying, asleep

Column B

- Sweets
- Starch
- Chocolate
- Tobacco
- Marijuana
- Alcohol
- Caffeine

- Vicodin
- Heroin
- Other:

- Sweets
- Starches
- Alcohol
- Other:

- Lithium
- Depakote
- Other:

- Birth control pills
- Sweets
- Starches
- Chocolate
- Pain reliever (type):
- Other: